

Stop smoking, vaping, and avoid secondhand smoke.



Stopping smoking can lower your risk of serious complications from COVID-19.

1.800.QUIT.NOW for FREE help to quit





ES 1-855-Déjelo-Ya • 1-855-335-3569

www.quitlinenc.com

Text READY to 200-400 to enroll via text







Division of Public Health • Tobacco Prevention & Control Branch • www.tobaccopreventionandcontrol.ncdhhs.gov • NCDHHS is an equal opportunity employer and provider. 4/21

SOURCE: CDC OFFICE ON SMOKING & HEALTH